



EFFECTIVE OCTOBER 16

BRADENTON BRANCH 2017 WINTER FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00a-7:00a	TRX Tracy(FC)		TRX Tracy(FC)		TRX Tracy(FC)	
8:00a-9:00a	LOW CARDIO/ PILATES Barb (U)		STRENGTH/ PILATES Barb (U)			
8:30a-9:25a	ZUMBA Esther/Carolyn(H)	CYCLE Bob(C)	ZUMBA Esther/Carolyn(H)	CYCLE Bob(C)	ZUMBA Esther/Carolyn(H)	BODYPUMP HOUR Corrie(U)
9:00a-10:00a	CYCLE Bob(C)	CARDIOCHISEL Beckie(U)	CYCLE Bob(C)	CARDIOCHISEL Beckie(U)		
9:00a-9:30a	CHAIR FITNESS Barb(G)				CHAIR FITNESS Barb(G)	
9:00a-10:00a		CHAIR FITNESS Barb(G)		CHAIR FITNESS Val(G)		
9:30a-10:30a	CHAIR YOGA Barb(H)		BARRE Erin(H)	BODY R&R Ronnie(H)	CHAIR YOGA Barb(H)	
9:00-9:45a	TURBOKICK Beckie(U)		TURBOKICK Beckie(U)			
9:45a-10:45a	BODYPUMP Georgia(U)		BODYPUMP Beckie(U)		BODYPUMP Georgia(U)	
10:00a-10:30a		CXWORX Beckie(U)		CXWORX Beckie(U)		TAI CHI Tom (H)
10:00a-11:00a						YOGA Barb/Tara(U)
10:30a-11:30a	BALANCE Charlotte(H)	TAI CHI Charlotte(H)		TAI CHI Charlotte(H)		
10:30a-11:30a	VINYASA YOGA Lucy(Y)	KRIPALU YOGA Barb(U)	VINYASA YOGA Lucy(Y)	KRIPALU YOGA Barb(U)	VINYASA YOGA Lucy(Y)	
11:30a-12:00p		MEDITATE Barb(U)				
5:15p-6:15p	BARRE Erin(U)		PILATES Judy(U)			
5:30p-6:15P		BODYPUMP EXP. Corrie(U)		BODYPUMP EXP. Georgia(U)		
6:00p-7:00p	TRX John(FC)		TRX John(FC)			
6:00p-7:00p	Cycle Bob (C)					
6:15p-7:10p	ZUMBA Esther/Carolyn(U)		ZUMBA Esther/Carolyn(U)			
6:30p-7:30p		YOGA Kayla(U)				
7:15p-8:15p	BODY R&R Ronnie(U)					



WATER EXERCISE SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7-8a	Karen(P)		Karen(P)		Karen(P)	
8:30-9:30a	Charlotte(P)		Charlotte(P)		Charlotte(P)	
9-10a		Charlotte(P)		Charlotte(P)		Karen(P)
10-11a	LOW IMPACT Susan(P)		LOW IMPACT Susan(P)		LOW IMPACT Susan(P)	
11a-12p	Karen(P)	LOW IMPACT Susan(P)	Karen(P)	LOW IMPACT Susan(P)	Karen(P)	
6-7p		Lucy (P)		Charlotte(P)		

P (Pool), FC(Fitness Center), U(Upstairs), H(Hossack Room), G(Gym), C(Cycle) Effective 10/16/17  
 3805 59<sup>TH</sup> Street West, Bradenton, Fl. 34209 (941) 798-9622, [manateeymca.org](http://manateeymca.org) RED = ADVANCED



## BRADENTON BRANCH 2017 WINTER FITNESS SCHEDULE



**BARRE** builds beautifully sculpted muscles using ballet inspired exercises.



**BODY R&R** is the ultimate recovery workout that will help prevent injury, increase flexibility, and reduce muscle soreness using various techniques including foam rolling.



**CARDIO CHISLE** uses all energy systems & muscle fibers with HIIT, plyometric, agility, and resistance exercises.



**CHAIR FITNESS** provides a comprehensive chair based workout integrating cardio, strength, core & flexibility.

**CHAIR YOGA FOR EVERYONE** provides all the benefits of yoga without getting on & off the floor.



**CYCLE, NEW CARBON BLUE BIKES**, could be your new cardio challenge? This workout is easily adapted to all fitness levels, please come early to your first class for help with proper bike set up.



**KRIPALU FLOW YOGA** is a subtle flow of rhythmic, energy pulsations connecting movement with breath. This class is slow flow from floor to standing and back.



**LES MILLS BODYPUMP** sculpts & strengthens your body using barbells & dumbbells.



**LES MILLS CXWORX** is an intense core workout that will cinch your waist and support posture.



**LOW CARDIO** is a complete and fun low impact aerobic workout.  
increases flexibility, mobility, balance & body awareness through rhythmic exercises.



**STRENGTH & CORE** is a complete resistance workout for all with a focus on core.

**TAI CHI/BALANCE** energizes the whole body through moving meditation and is perfect for anyone who wants to improve balance and the mind body connection.



**TURBO KICK** is an advanced cardiovascular workout that will help get rid of fat and reshape your body! Each full body workout consists of a sport specific warm-up, higher paced intervals, easy to follow combinations, kickboxing, strength/endurance training.



**TRX** is a total body workout using suspension training and your bodyweight to build cardiovascular and muscular strength, flexibility, and your core at the same time.

**VINYASA YOGA** is a more advanced class using breath to flow from one pose to the next.



**WATER EXERCISE** provides a safe environment for a complete workout at any level. Low impact classes are designed to be easy on the joints with exercises to increase mobility and range of motion.



**ZUMBA** integrates Brazilian, Latin and African rhythms. Shake your body & have a blast!